

Day 1

30 minutes

Welcome Announcements

45 minutes

Fundamental Principles & Rules of Engagement - Restore & balance, minimize dosing, maximize effect, and much more

45 minutes

Hormones & Hormone Systems - Hormone cascade, inter-hormone relationships, reproductive life cycles, and more

15 minutes (Break)

30 minutes

Evaluating Risks & Benefits of Female Hormone Restoration - Scientific appraisal of synthetic vs. bioidentical and oral vs. transdermal

45 minutes

Subjective & Objective Testing - Advantages, disadvantages, and utility of saliva, blood, blood spot, and urine testing

45 minutes

Inter-hormone Relationships - Cortisol, DHEA, testosterone, estrogen, progesterone, thyroid

1 hour (Lunch)

1 hour

Adrenal Function & Dysfunction - Treatment protocols, tools, and case scenarios

45 minutes

Nutraceutical Therapy - What's the role? What's the evidence?

15 minutes (Break)

30 minutes

Special Considerations Related to Treatment Protocols - Early-onset menarche, menstrual cycle length, pregnancy, and more

1 hour 30 minutes

Premenstrual Dysmoria, Perimenopause, & Menopause - Special considerations and treatment approaches. Case Study 1

Day 2

1 hour 45 minutes

Male Hypogonadism & Sexual Dysfunction - Treatment approaches for andropause, hypogonadism, and ED. Case Study 2

15 minutes (Break)

2 hours

Thyroid Function & Dysfunction - Treatment approaches for hypothyroidism. Case Study 3

1 hour (Lunch)

45 minutes

Female Sexual Dysfunction - Treatment approaches for vaginal atrophy and vulvodynia. Case Study 4

1 hour 15 minutes

Strategies for Treatment Modification - Hormone detoxification, discontinuation from CEEs, and treatment termination. Case 5.1 and Case 5.2

15 minutes (Break)

15 minutes

Australia Compounding Regulations - Touch base on the current regulatory landscape in Australia.

45 minutes

Routes of Delivery, Dosage Forms, Delivery Systems, & Devices - Clinical and formulation considerations

45 minutes

PCOS, Metabolic Syndrome, & Insulin Resistance - Case Study 6 & Case Study 7



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